

MoviPrep FOR COLONOSCOPY

Dr. Steve Gutnik

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

One day before your procedure: Start a clear liquid diet beginning with breakfast. Clear liquids include: chicken or beef broth, coffee, tea, water, soft drinks, sport drinks and Kool Aid (lemonade, orange, lime), popsicles, Italian ice, strained fruit juices (apple, white grape, white cranberry, lemonade), Jell-O and hard candies.

**DO NOT eat or drink anything RED
or have any solid food, milk or milk products.**

At 5:00pm:

1. Empty 1 Pouch A and 1 Pouch B into the disposable container.
2. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix solution ahead of time and refrigerate prior to drinking. Use within 24 hours.)
3. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed.
4. Drink 16 oz. of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep!

At 7:00pm:

Repeat steps 1-4.

You may have clear liquids until midnight.

DO NOT eat or drink after midnight.

**If you have any questions please
call our office at 605-665-1722.**

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